Reference: Memo, OTSG (DASG-HSZ), 14 Jan 1999, Subject: Policy Guidance for Fluid Replacement During Training

Fluid Replacement Guidelines for Warm Weather Training
(Applies to average acclimated soldier wearing BDU, Hot Weather)

Heat Category	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work /Rest	Water Intake, Qt/hr	Work /Rest	Water Intake, Qt/hr	Work /Rest	Water Intake, Qt/hr
1	78-81.9	NL	½	NL	¾	40/20 min	¾
2 (Green)	82-84.9	NL	½	50/10 min	¾	30/30 min	1
3 (Yellow)	85-87.9	NL	¾	40/20 min	¾	30/30 min	1
4 (Red)	88-89.9	NL	¾	30/30 min	¾	20/40 min	1
5 (Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1

- The work:rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Individual water needs will vary ± ¼ qt/hour.
- NL= no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
- **CAUTION: Hourly fluid intake should not exceed 1½ quarts.**
- **Daily fluid intake should not exceed 12 quarts.**
- Wearing body armor add **5°F** to WBGT Index
- Wearing MOPP overgarment add **10°F** to WBGT Index.

Easy Work	Moderate Work	Hard Work
• Walking Hard Surface at 2.5 mph, ≤ 30 lb Load • Weapon Maintenance • Manual of Arms • Marksmanship Training • Drill and Ceremony	• Walking Hard Surface at 3.5 mph, < 40 lb Load • Walking Loose Sand at 2.5 mph, no Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e. low crawl, high crawl • Defensive Position Construction • Field Assaults	• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load

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